

Abstract

Title: Physiotherapy of patients with low back pain of viscerovertebral etiology.

Objectives: The objective of this study is to verify the significance of inclusion of procedures of a comprehensive therapeutic approach according to Eastern techniques to classical physiotherapy and to find out whether these Eastern techniques can contribute to the enrichment of standard physiotherapy. Another goal is to develop appropriate regimen measures according to TCM and Ayurveda, to create a yoga regimen suitable for patients who have renal and bladder dysfunction according to TCM and whose main common symptom is chronic non-specific low back pain. The study is based upon a comparison of a four-week physiotherapy program according to the physician's indication and a physiotherapy program enriched with compiled regimen measures and yoga exercises in selected probands.

Methods: This diploma thesis is an experimental qualitative pilot study. The theoretical part of the thesis was elaborated on the basis of information from book and electronic sources in the Czech and English language in the form of a research. For the practical part two groups of probands were used – experimental and control group. There were 6 probands in each group. The effect of the four-week therapy, which took place twice a week for 60 minutes, was compared. The control group received physiotherapy as indicated by the physician. The experimental group underwent physiotherapy as indicated by a doctor enriched with yoga exercises and regime measures according to TCM and Ayurveda and were asked to perform the yoga exercises daily at home. The effect of the therapy was evaluated using the Short-form-36 Health-related Quality of Life Questionnaire (HRQoL), the VAS scale of pain intensity, the number of responses in the anamnestic questionnaire and the kinesiological analysis form which were compiled by the author.

Results: Statistical analysis of the data was performed using a non-parametric Mann-Whitney U test. A four-week physiotherapy program enriched with Yoga exercise and regime measures according to TCM has statistical effects on health-related life (HRQoL), the presence of symptoms, and the frequency of reflex changes in patients with low back pain of viscerovertebral etiology.

Keywords: physiotherapy, low back pain, viscerosomatic relations, yoga, Traditional Chinese medicine